

**Natural Fertility Program**  
**Prenatal Program**  
**Postnatal Program**

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**Amazing article at the end about saving babies from miscarriage**

**Natural Fertility Program:**

1. Liver Regeneration Program + Blood Detox Formula – 2 weeks for both mother and father if possible
2. Followed by Female Harmony and Essential Nutrients for 2 months – for the mother
3. Eat only organic foods (pesticides can act as hormonal disrupters that interfere with fertility) & avoid processed foods as much as possible.
4. Avoid as many chemicals in your environment as possible. This includes alcohol and tobacco.
5. Then try to conceive
6. This method works for most types of issues interfering with fertility and especially problems that are related to hormonal imbalance. This method would not work for a female who has a birth defect of the uterus causing it to be too small or misshapen, or a female whose mother was exposed to DES during pregnancy.
7. Suggest you try this very cheap way first before you resort to the multi thousand dollar conventional way offered by fertility specialists (IVF, GIFT, ZIFT, TET, etc.)

**Prenatal Program:**

1. Earth's Nutrition Powder or capsules – helps blood counts stay in normal range. We've had thousands of women take this formula instead of prenatal vitamins. Take double dose while pregnant
2. Mother's Tea – helps strengthen muscles of uterus to prepare for labor & delivery, also helps build healthy blood
3. Calcium From Herbs – can help calcium-silica deficiency issues during pregnancy such as varicose veins and hemorrhoids. (Most pregnant and nursing mothers in America are calcium-silica deficient) Also helps support growth of baby's bones and tooth buds.
4. Ginger tincture/Peppermint oil – to help with morning sickness
5. Cramp Away/Composure – just in case of cramping
6. Do not allow infections to go untreated
7. Cut back on work and family obligations and get a full night's sleep
8. Follow a whole foods, plant-based diet & avoid processed foods as much as possible.
9. If you are vegetarian, you must take a vitamin B-12 supplement (or take the Earth's Nutrition Formula since it contains B-12)

**Postnatal Program:**

1. Female Harmony – to balance hormones and avoid depression due to crashing of hormones after childbirth
2. Lactation Tea – to help with breastfeeding
3. Earth's Nutrition Formula or capsules – to help with energy, vitamin/mineral balance, increase breast milk. Take double dose while lactating.
4. Calcium From Herbs – help with breastfeeding and other calcium-silica issues (Most pregnant and nursing mothers in America are calcium-silica deficient)
5. Women who do not follow a healthy diet and herbal program will find that each pregnancy becomes more and more difficult and they suffer from more and more complications. This is because they did not replenish their minerals and strengthen their hormonal system before, during and after. Pregnancy, childbirth and lactation are often an enormous strain on the endocrine system, especially for women who follow the average American diet which is full of processed and vitamin/mineral depleted foods.

Feb. 28, 2006

**Natural Fertility/Stopping Miscarriages**

Dear friends,

I'm so excited about this month's newsletter. In this letter, I'm going to relate success and failure stories about women trying to save their babies from miscarriage. Some of these stories make me jump for joy and others have made me weep. Please, women of child-bearing age, read this letter closely because the information is different from any you've ever read about having babies and keeping them.

Our first story has to do a woman in her thirties who had repeated miscarriages. After the third miscarriage, she finally contacted me and asked me what I thought she should do. She was told by her doctor that she probably had a progesterone deficiency. I told her at that time, "This is very important. Please stop trying to have a baby right now. Your body needs to recover for a few months and regain hormonal balance." It's not going to be that difficult. All you need to do is do a couple of liver cleanses and then take the Female Harmony Formula for about 2 months after that. Then you'll be ready to try again. I know you're grieving right now. It's a terrible tragedy to lose a baby, and many women try to have another baby as soon as possible in the hopes of covering up the grief over the loss of a baby. Do NOT do this. Your body needs to be ready to carry a baby. It needs to be healthy and have a good hormonal balance. This is nine months of carrying a life inside of you, and it's a big strain on the body, so if you're not healthy and ready to handle it, problems can occur during the pregnancy. I'm seeing lots of women miscarry due to low progesterone levels. This is something that's easy to fix with herbs if you just have some patience."

Well, she couldn't have done the program better. She followed my instructions to the letter. Around a year later, she called again, and she told us that she had just had a baby. Wasn't this the same woman who had suffered from repeated miscarriages? I had to check her chart. She confirmed that, yes, she was the same woman who had been suffering from this problem. But no longer, because she now had a healthy full term baby and was now nursing

How lucky she was that she believed the herbs could help her, because now it's time for the tragic story:

This woman was actually in her twenties and had suffered from over 3 miscarriages in a row. I gave her the same advice and stressed to her the importance of waiting 2 to 3 months to allow her body to heal and recover from the hormonal stress. She had been suffering from a terrible hormonal imbalance that greatly aggravated the grief over the miscarriages. Yet, this woman chose not to wait and not to take any herbs. Instead, she went to a doctor who told her she merely had a progesterone deficiency. He told her she could have a baby – no problem. They would simply give her progesterone shots during the pregnancy to prevent another miscarriage.

This was the easy solution, and this was the solution she chose. She was also overweight, and knowing this can cause problems with pregnancy, her doctor did not bother to tell her that she should probably lose a little weight before attempting pregnancy.

During the earliest weeks of pregnancy, disaster ensued. She developed hyperemesis of pregnancy. What this means is that her morning sickness was so severe, she could not stop vomiting. She had this condition so severely that she could not eat a single thing – not even ice chips. The progesterone shots may have been the cause. In one research study in which progesterone was prescribed to nonpregnant women, resultant nausea and vomiting suggested that delayed gastric motility caused by progesterone may be responsible for the condition. (Source: Walsh, JW, Hasler WL, Nugent CE, Owyang C. Progesterone and estrogen are potential mediators of gastric slow-wave dysrhythmias in nausea of pregnancy. *Am J Physiol* 1996;270(3 pt 1):G506-14.)

The doctors intervened again and put her on TPN (otherwise known as total parenteral nutrition). What this meant is that they had to feed her intravenously throughout the entire pregnancy. She could not eat a single morsel of food.

Unfortunately, TPN does not come without its side effects, and she suffered from most of them. Her blood sugar rose to high levels, and she developed a fungal infection that spread to her blood, threatening her life. She went into the hospital and the only treatment was Amphotericin B, an antifungal medication that is considered so highly toxic, it is usually reserved only for life-threatening fungal infections. In certain patients, this drug has been known to cause kidney failure, requiring kidney dialysis. At that time, they told her, "We do not know the effect this drug will have on your baby." They started her on the medication in the hospital.

I heard the story at the time, and knowing that she had repeatedly turned down herbs, I decided to try the prayers. I just cannot stand the thought of a baby in danger. After several nights of intense praying and distant healing, I made contact with the spirit of the baby who told me that he was going to be born and was going to grow up to adulthood.

The fungal infection did go away. However, the next problem emerged due to the TPN: gallstones. The pain from the gallstones was severe, and the doctors offered to take out her gallbladder. Yet, she was so terrified of doing anything that would harm the baby, that she decided to put up with the pain instead of having her gallbladder removed. For weeks, she suffered with pain, until doctors moved up her C-section date. The baby was delivered by C-section and spent one week in the hospital.

Yet, there have been many problems with the baby: severe immune system problems that cause almost constant infection. Another problem that was not expected: the baby's hunger center had not developed because of his exposure to the TPN while in the womb. This problem caused such a loss of appetite that the baby wouldn't gain weight. The doctors intervened again and recommended a dairy and sugar-filled drink so that the baby would get enough calories. Yet the sugar and dairy continued to feed the infections. This is one of the reasons why I beg mother and father both to do a liver cleanse before attempting to have a child. (After a few years of torture, the mother finally took the child to a naturopath, and the child is finally showing some improvement.)

A liver cleanse cleanses away many mutagenic (birth-defect-causing) chemicals from the liver of both parents, and flushes out excess estrogen from the liver (in the women) so that the hormones can be balanced. So many chemicals are present in our environment. Recently I read an article about a chemical plastic coating used on toys and cookware that according to recent research, are now known to cause underdeveloped and ambiguous genitalia in baby boys as well as undescended testicles. We simply don't know the effects of the thousands of chemicals in the environment on our bodies. Latest research shows that the average healthy person may be carrying over 100 chemicals in their bloodstream. And that's a *healthy* person! I don't think anyone would debate that the removal of these harmful chemicals (many of which have been scientifically *proven* to interfere with fertility) from the body would be a beneficial step towards keeping healthy and having healthy babies.

Now, it's time to end the newsletter on a positive note. A woman came to me recently, about 6 weeks pregnant, who had been suffering from about 3 weeks of intense cramping. She had a history of 2 miscarriages – one of which had threatened her life. The week before she came to me, her doctor had diagnosed a urinary tract infection and had prescribed antibiotics. She had taken the Kidney/Bladder Formula and the K/B Herbal Tea during the first weeks of her pregnancy and the infection had gone away. Yet, it was the holiday season, and so many sweets were around, and she had eaten too many. The infection returned. She didn't want to take the antibiotics this time, so I gave her the same herbal therapy again. Unfortunately, you know how holidays can be so busy, and she didn't have time to take the tea or tincture, nor did she take the antibiotics, and she needed to take one or the other.

She developed a fever, and the abdominal cramps worsened and became almost constant. She asked me if it was normal to have so much cramping, and I told her, “No, but I think it’s related to the infection.” I said, “Please tell me right away if the cramping gets worse, or if you start bleeding.” It wasn’t two days later that she called and she was spotting. She had not had an ultrasound yet since it was so early in the pregnancy. I told her at that time that if the baby was in the uterus, there was a good chance we could save it. If it was ectopic, there was nothing I knew to do for her, and I advised her to get an ultrasound as quickly as possible to determine if the baby was ectopic or not.

She came over immediately. Her temperature was measured at 99.6 F, and she continued to have spotting. Knowing that Lobelia has been used to stop miscarriages, I immediately gave her 20 drops. Within 5 minutes, her anxious upright posture changed and she suddenly relaxed against the back of her chair. Her expression completely changed to one of ease. I said, “Wow! That kicked in fast!” Next, I made her a tea of traditional miscarriage-stopping herbs: Cramp bark and Black Haw. I prayed and asked, “What to do now?” She started to drink the tea. I started working on the reflexology points on the soles of her feet. I found two tender areas: one around the uterus (all around the ankles on both sides) and one around the bladder (around the arch of the foot), and I started massaging them deeply. She didn’t like this part very much and she was gasping a bit, trying not to scream. After about 30 minutes of this, she suddenly perked up and said, “Oh my God, I feel that in my uterus!” And I replied, “Yes, isn’t it amazing how your feet are connected to your entire body?”

When she left, her temperature had gone down to 98.8 F, and she told me, “This is the first time in 3 weeks that I haven’t felt any cramping!”

She said she couldn’t go the doctor for a few more days. (It was complicated), so I had her on Cramp Away and Composure Formulas to stop the cramping. (This was because she told me, “I’m just not a tea drinker” – go figure!) I had told her that, most of the time, if you can stop the cramping, you can stop a miscarriage.

I really don’t like seeing babies in trouble, so I started the praying and hands-on healing again. I made contact with the baby in the uterus who told me that the “connection” was weak. This I interpreted as being a weakness of the umbilical cord and/or placenta and immediately began praying/healing that area. The next day, it occurred to me that I could ask God to sew the baby in with imaginary surgical thread until it was time for her to have a healthy delivery. Since that day, she hasn’t had any cramping or bleeding. She went to the obstetrician who did the ultrasound and found that her baby was doing fine – and in the uterus. Curious, she asked her obstetrician, “Is there anything I could do to stop a miscarriage? He replied, “No, there’s nothing you can do.” She is now 4 ½ months pregnant, past the 3 month danger period (most women have miscarriages in the first 3 months of pregnancy). She has not had any problems and all ultrasounds have been normal. (Update: this lady refused to make any dietary changes or take any prenatal herbs after this incident. She went through two major episodes of preterm labor, and ended up in the hospital both times. Her second episode, she was told to go home

because they had already given her the maximum amount of the antimiscarriage drug terbutaline they could give her and it had not worked. Neither of these episodes responded to the terbutaline, but did respond to my prayer/energy healing techniques. She then had a full term pregnancy and delivered a healthy baby in 2006.)

I suppose there's nothing to be done if you are practicing conventional medicine, but in the natural healing world, there's plenty that can be done.

Please save this letter if you are planning to become pregnant so you can be prepared with herbs "just in case." Ladies, please remember your deep foot reflexology as a safe drugless healing modality during pregnancy. And, please, just a little nudge to women out there wanting to become pregnant: "Do a liver and blood cleanse [Liver Regeneration Program + Blood Detox Formula] with the potential father of the baby, and tone up your hormones for a couple of months [Female Harmony] and save yourself a *lot* of grief!

All my best,  
Cynthia Foster, MD

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